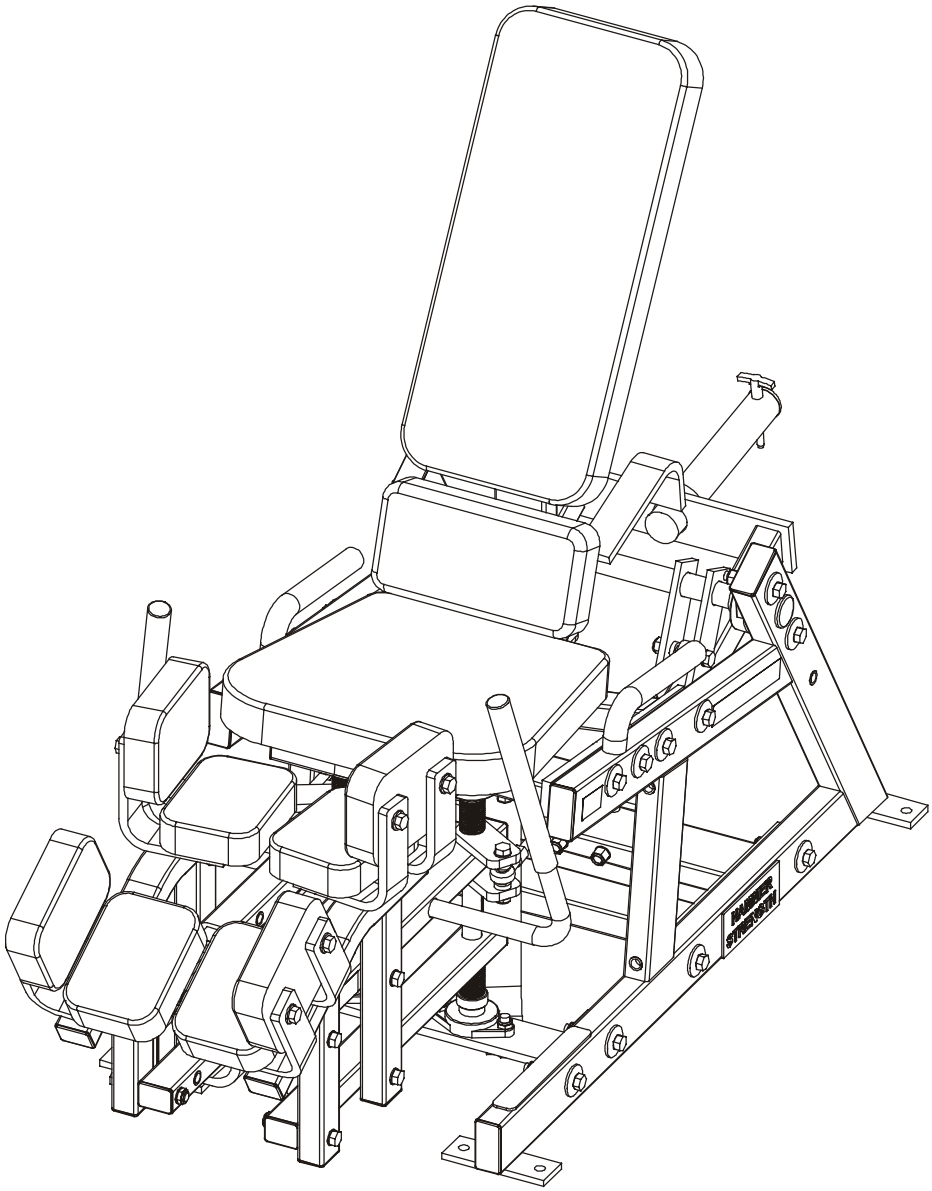
HAMMER STRENGTH

PLABD – PLATE LOADED ABDUCTOR



Customer Support Services

PARTS MANUAL

PLATE LOADED ABDUCTOR

Notes:

PLATE LOADED ABDUCTOR
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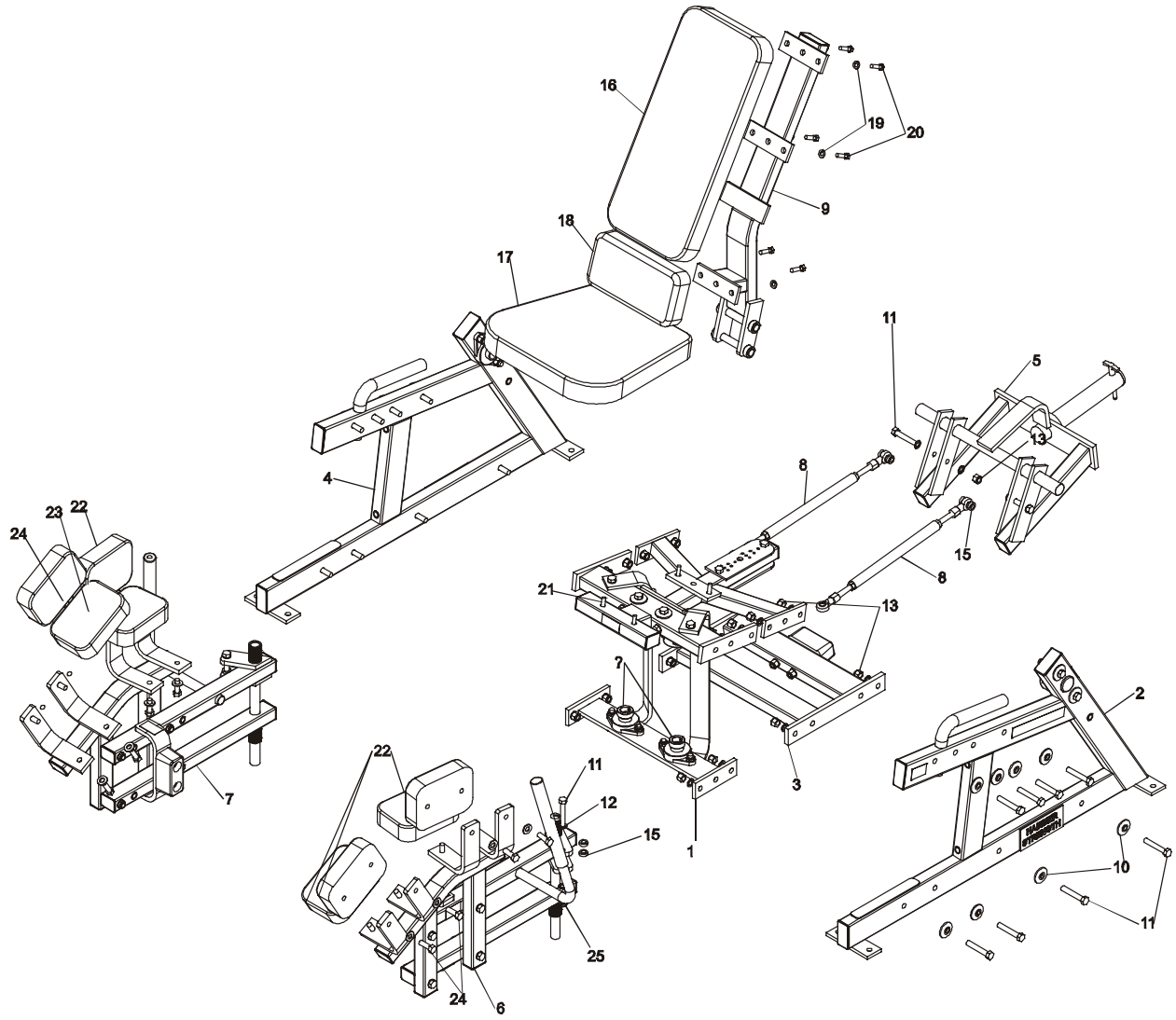
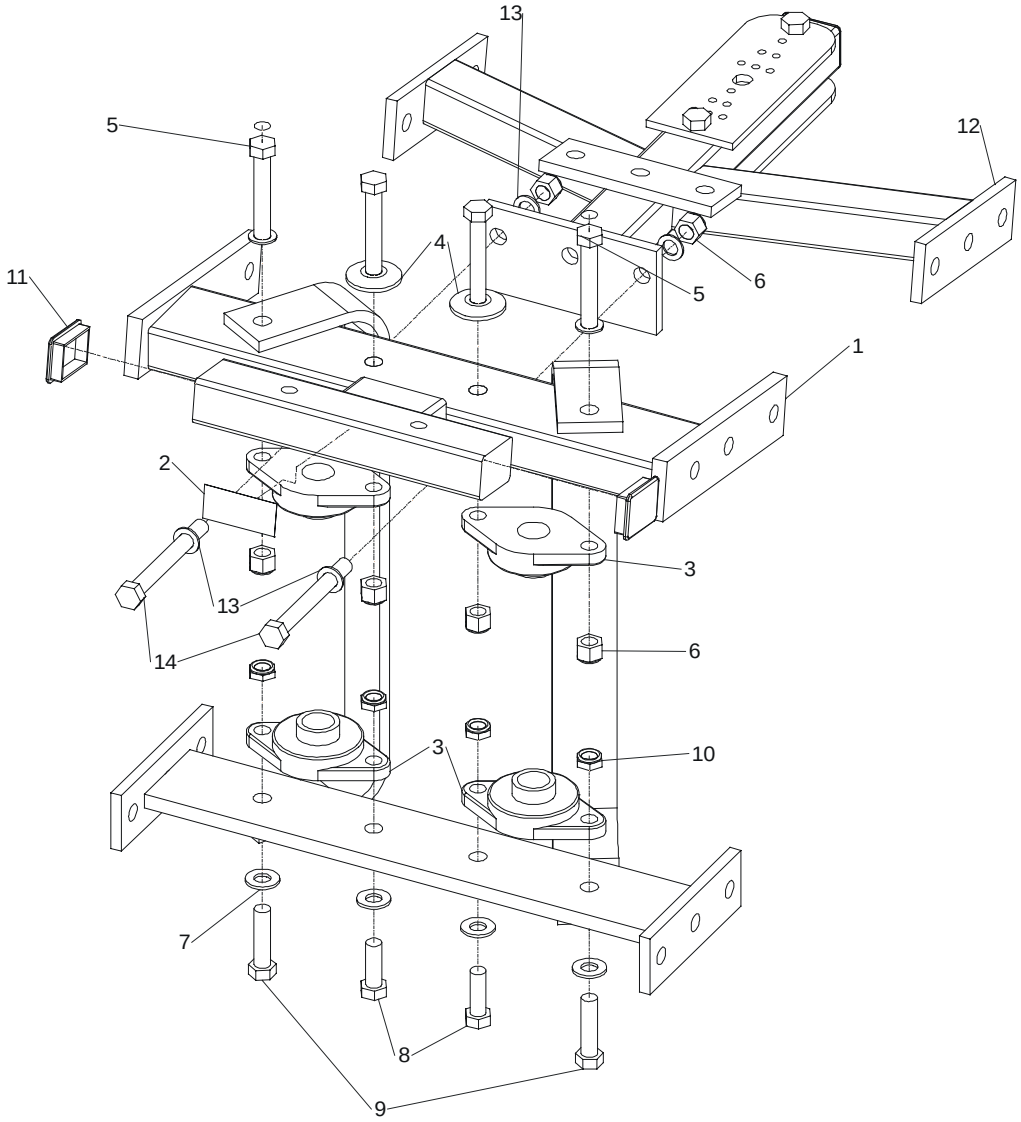
PLATE LOADED ABDUCTOR
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION	ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLABD-CWB-0	Workbox Assy	14	2	H-LCOLLAR1	3/4" Lock Collar
2	1	PLABD-CSFL-0	Left Side Frame Assy	15	8	AD-AB Spacer	AD-AB Spacer
3	1	PLABD-CBX-0	Bottom Frame Assy	16	1	U24-10	Standard 24" Pad
4	1	PLABD-CSFR-0	Right Side Frame Assy	17	1	U16-11	Standard 16" Pad
5	1	PLABD-CHX-1	Weight Rod Assy	18	1	U12-4.5	12" Rectangular Pad
6	1	PLABD-CMAL-1	Left MARM Assy	19	10	WASH.375SAE	3/8" SAE Flat Washer
7	1	PLABD-CMAR-1	Right MARM Assy	20	8	HHB.375X1.5	3/8 X 1 1/2 Bolt
8	2	PLABD-RX-0	Drive Rod Assy	21	2	HHB.375X2.5	3/8 X 2 1/2 Bolt
9	1	PLABD-CAJST-0	Seat Back Assy	22	8	U7-4.5	PAD, 7 X 4.5”
10	16	H-BACK WASH	Backing Washer	23	16	WASH.5SAE	1/2" SAE Flat Washer
11	20	HHB.5X3	1/2 X 3 Bolt	24	16	HHB.5X1.5	1/2 X 1 1/2 Bolt
12	24	WASH.5STAR	1/2" Internal Lock Washer	25	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
13	18	NUT.5LOCK	1/2" Thick Lock Nut				

PLATE LOADED ABDUCTOR

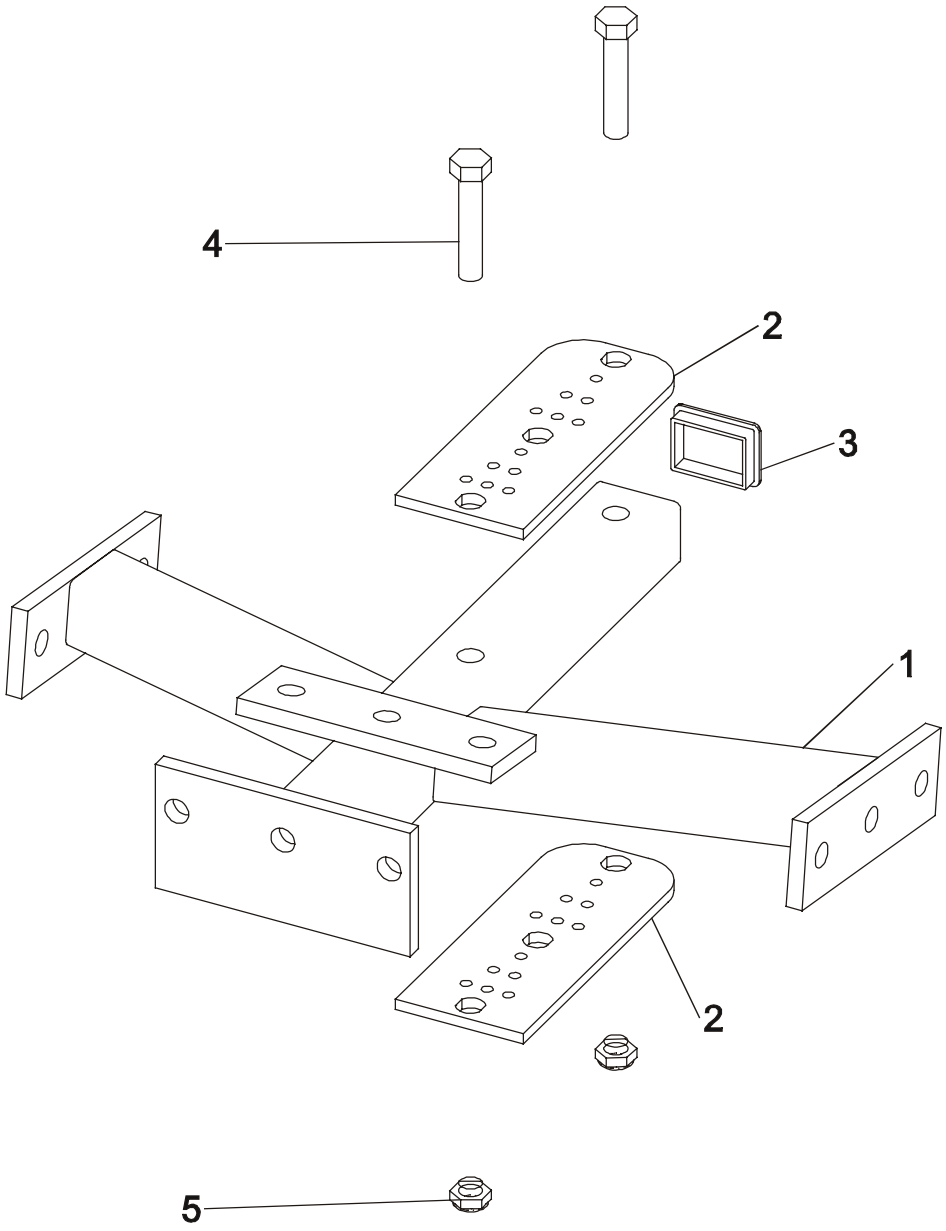
WELDMENT WORKBOX



ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	Weldment, Workbox	Weldment, Workbox
2	1	SERIAL NUMBER	Serial Number
3	4	H-BEAR-SML	Small Bearing
4	2	H-BACK WASH	Backing Washer
5	4	HHB.5X3	1/2 X 3 Bolt
6	6	NUT.5LOCK	1/2" Thick Lock Nut
7	4	WASH.5SAE	1/2" SAE Flat Washer
8	2	HHB.5X1.5	1/2 X 1 1/2 Bolt
9	2	HHB.5X2	1/2 X 2 Bolt
10	4	NUT.5JAMLOCK	1/2" Thin Lock Nut
11	2	H-PEND2	1 1/2 X 2 Endcap
12	1	PLABD-CST-0	Component seat frame
13	6	WASH.5STAR	1/2" Internal Lock Washer
14	2	HHB.5X4.5	1/2 X 4 1/2 Bolt

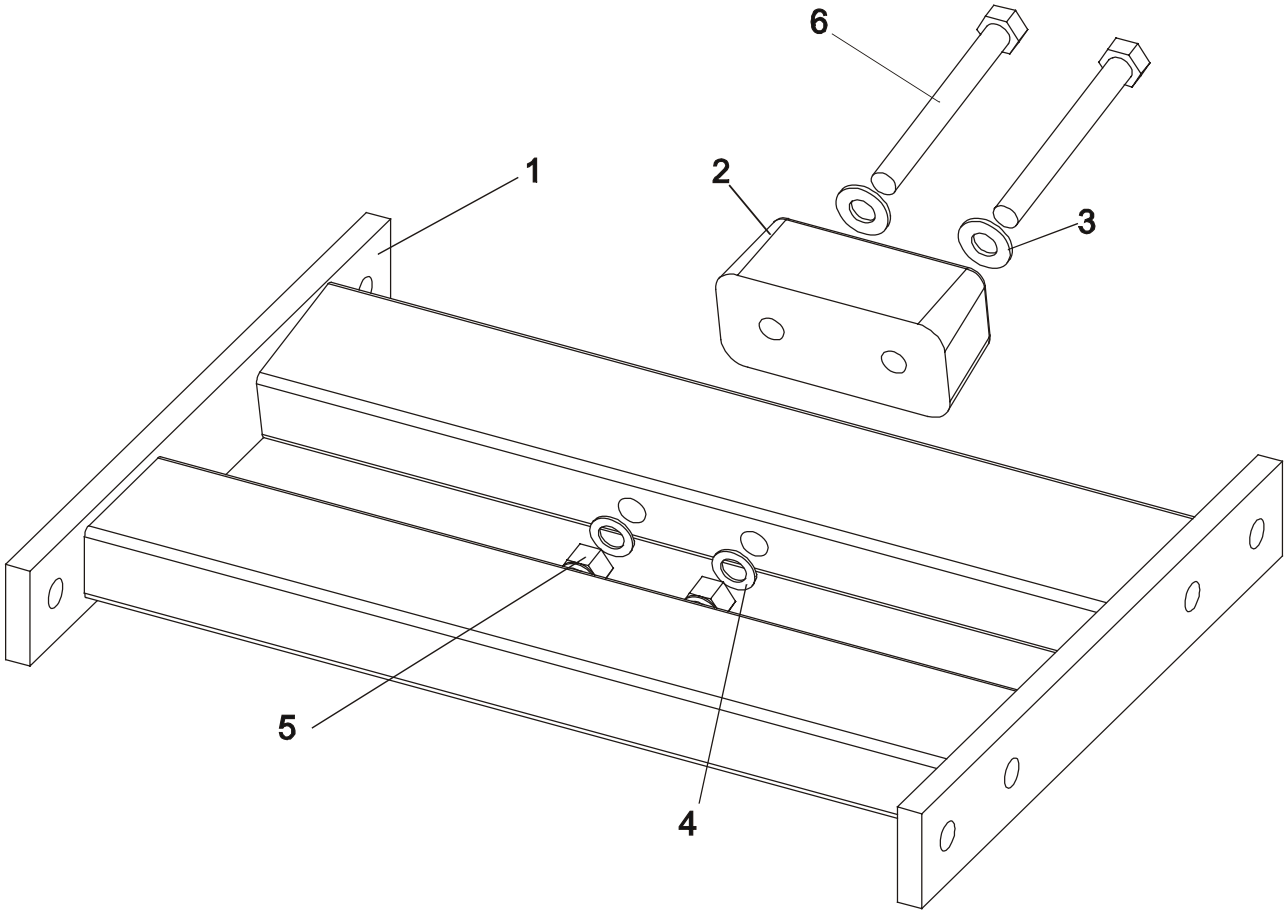
PLATE LOADED ABDUCTOR

SEAT FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLABD-ST-0	Seat frame
2	2	H-SEATRCKS	PLASTIC SEAT GUIDES
3	1	H-PEND2	1 1/2 X 2 Endcap
4	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
5	2	NUT.5JAMLOCK	1/2" Thin Lock Nut

PLATE LOADED ABDUCTOR
BOTTOM CROSSMEMBER

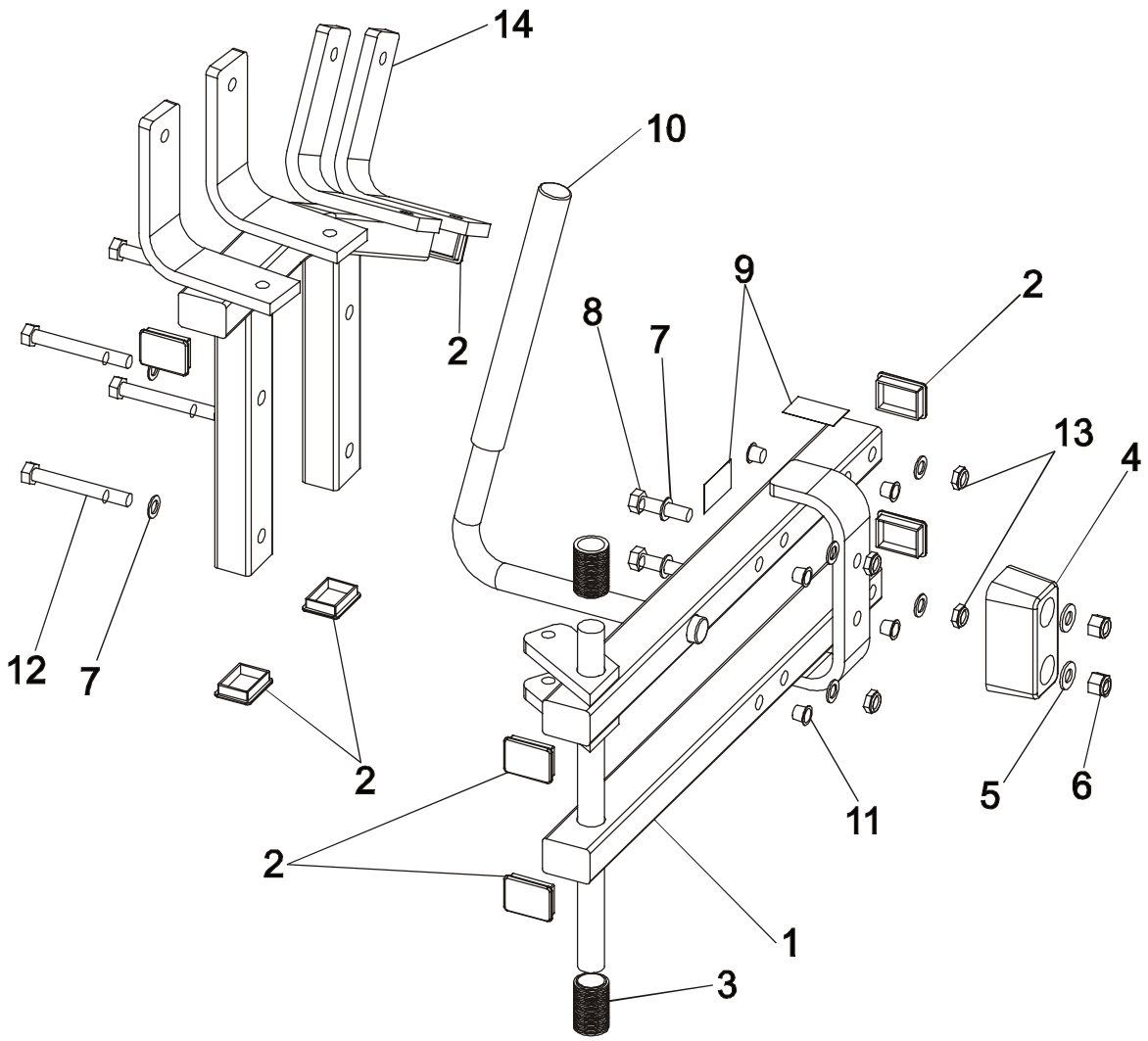


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLABD-BX-0	Bottom crossmember
2	1	H-BUMP-MED	MM2 Medium
3	2	WASH.5SAE	1/2" SAE Flat Washer
4	2	WASH.5STAR	1/2" Internal Lock Washer
5	2	NUT.5LOCK	1/2" Thick Lock Nut
6	2	HHB.5X4.5	1/2 X 4 1/2 Bolt

PLATE LOADED ABDUCTOR

MOVEMENT ARM ASSEMBLY

NOTES: LEFT MARM SHOWN
RIGHT MARM MIRROR IMAGE

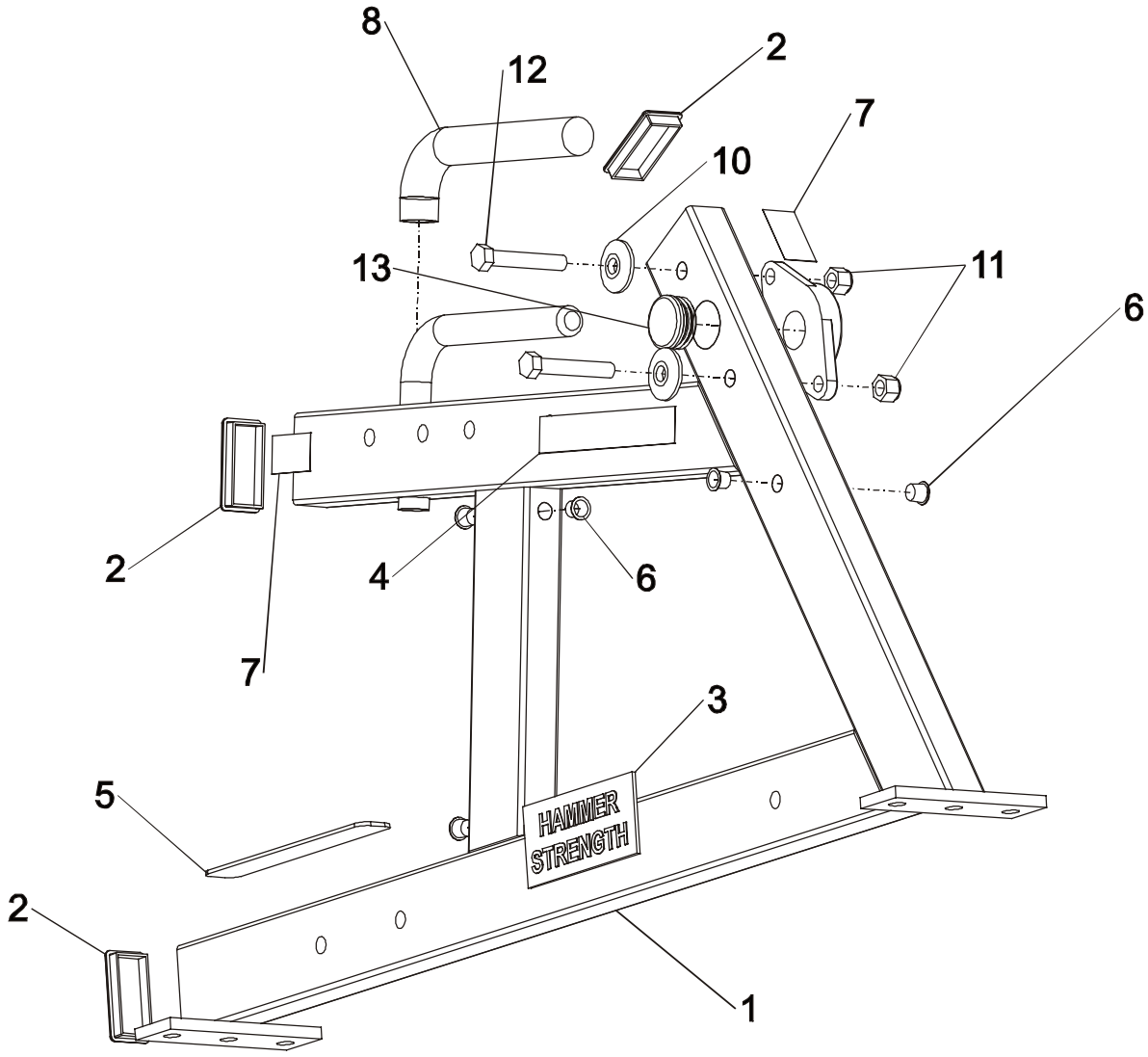


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLABD-MAL-1	WLDMT, PLABD MA
2	8	H-PEND2	1 1/2 X 2 Endcap
3	2	ACCORDIAN	Shaft Guard
4	1	H-BUMP-MED	MM2 Medium
5	2	WASH.5SAE	1/2" SAE Flat Washer
6	2	NUT.5LOCK	1/2" Thick Lock Nut
7	10	WASH.5STAR	1/2" Internal Lock Washer
8	2	HHB.5X2	1/2 X 2 Bolt
9	2	STAY CLEAR	Stay Clear Decal
10	1	H-GRIP(ILDCP-C00)	HandGrip
11	8	H-HPLUG(REG)	Hole Plug
12	4	HHB.5X4	1/2 X 4 Bolt
13	4	NUT.5JAMLOCK	1/2" Thin Lock Nut
14	1	PLABD-ETCL-0	WLDMT, PLABD ETC L

PLATE LOADED ABDUCTOR

SIDE FRAME ASSEMBLY

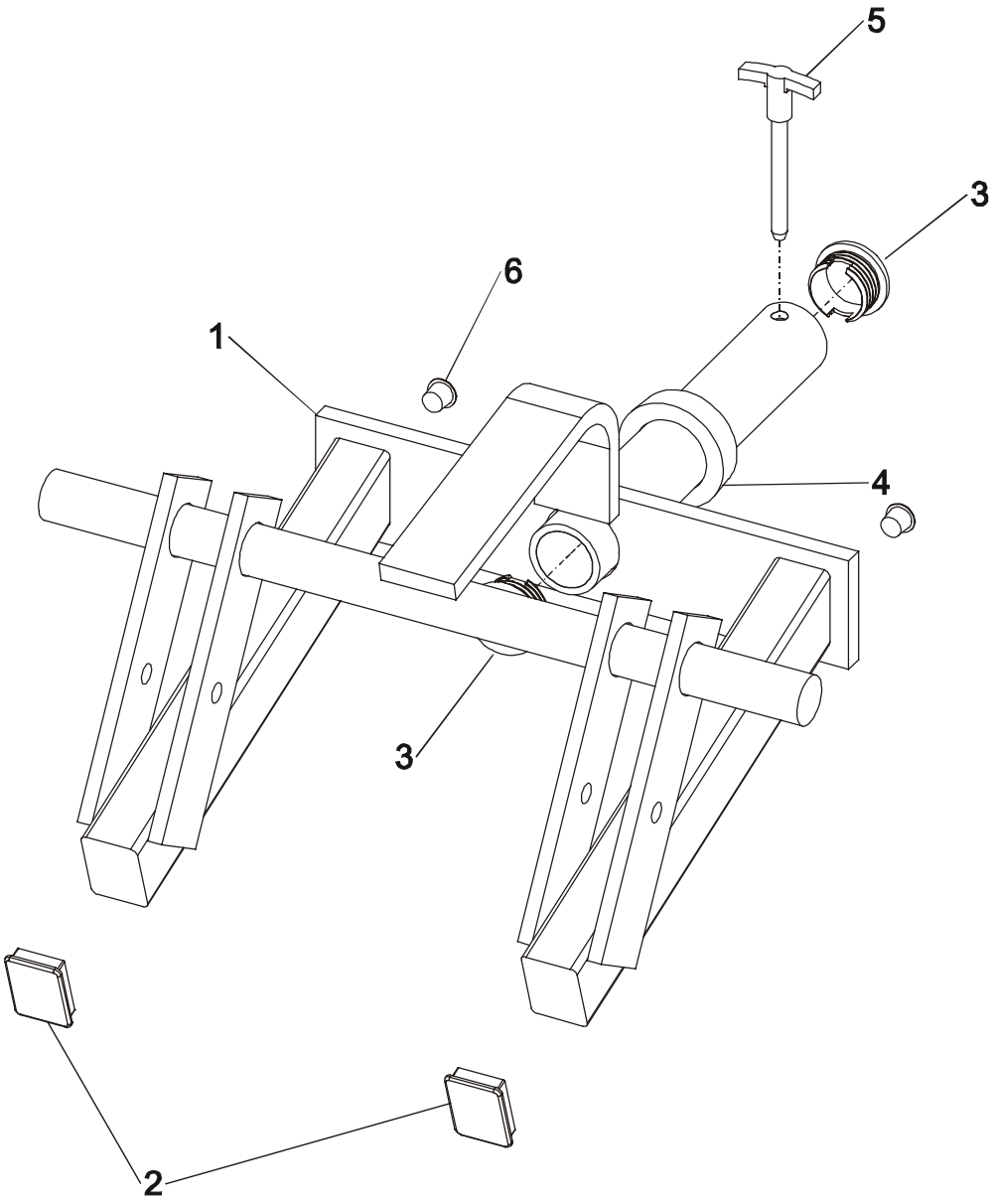
NOTES: LEFT SIDE FRAME SHOWN, RIGHT SIDE FRAME MIRROR IMAGE



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLABD-SF-0	WLDMT, SF
2	3	H-PEND3	1 1/2 X 3 End Cap
3	1	H-NAMEPLATE	Name Plate
4	1	ADDUCTOR	Product Decal
5	1	PLASTIC NONSKID STRIP 1 X 9	1 1/4 X 9 Nonskid
6	6	H-HPLUG(REG)	Hole Plug
7	2	STAY CLEAR	Stay Clear Decal
8	1	H-GRIP(PLADD-A00-2)	HandGrip
9	1	H-BEAR-LGE	1 1/4" Flange Bearing
10	2	H-BACK WASH	Backing Washer
11	2	NUT.5LOCK	1/2" Thick Lock Nut
12	2	HHB.5X3	1/2 X 3 Bolt
13	1	H-LOCK-PLUG(LARGE)	9/16" Hole Plug

PLATE LOADED ABDUCTOR

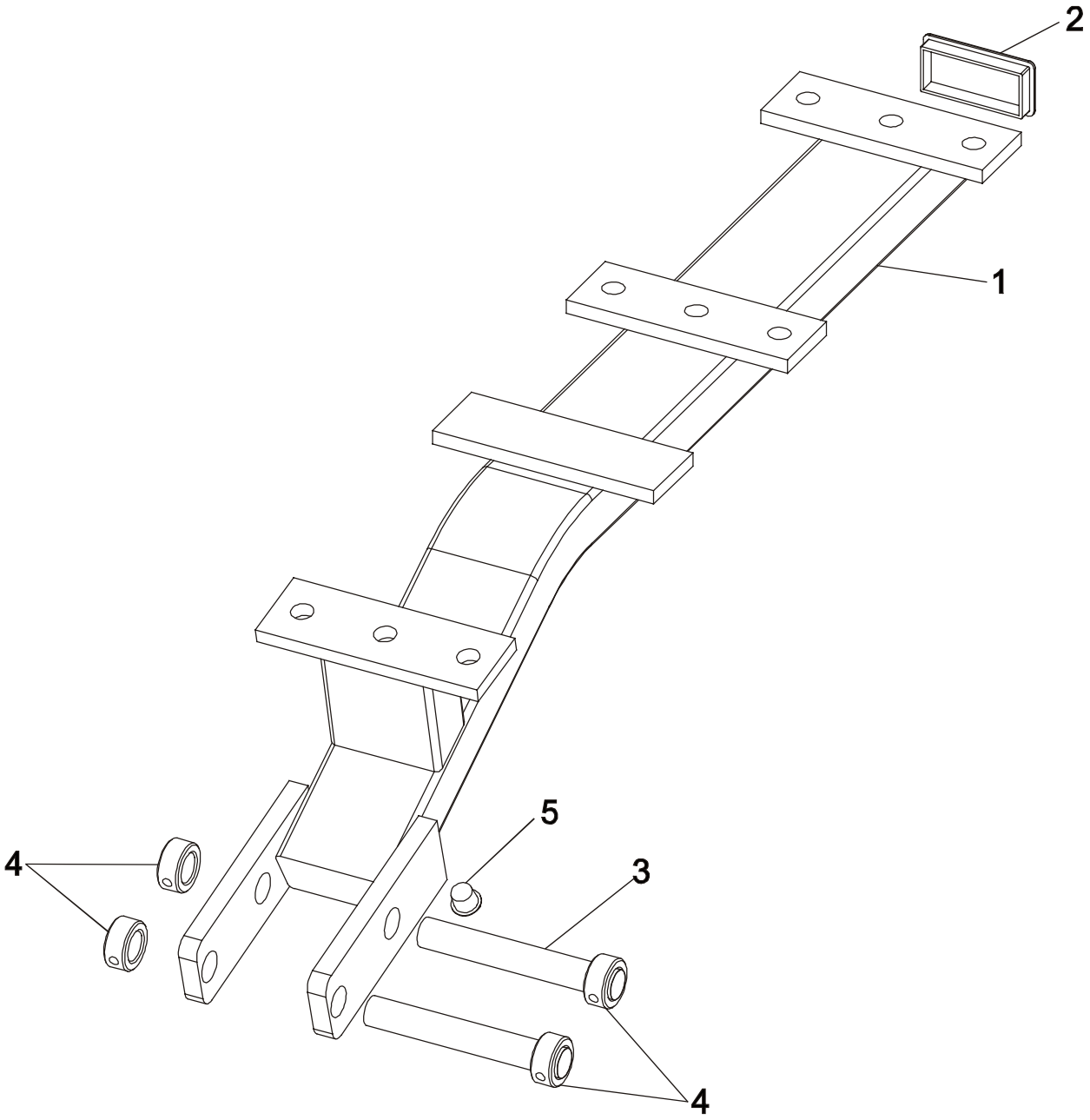
WEIGHT ROD WELDMENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLABD-HX-0	Weight Rod Wldmnt
2	2	H-PEND2	1 1/2 X 2 Endcap
3	2	H-DOMECAP	Bullet Cap
4	1	H-RUBRNG	MM5 Ring
5	1	SELECTOR PIN-4	SELECTOR PIN 4 INCH
6	2	H-HPLUG(REG)	Hole Plug

PLATE LOADED ABDUCTOR

ADJUSTABLE SEAT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLABD-AJST-0	WLDMT, ADJ ST
2	1	H-PEND3	1 1/2 X 3 End Cap
3	2	STSHFT	Seat Shaft
4	4	H-LCOLLAR75	3/4" LOCK COLLAR
5	1	H-HPLUG(REG)	Hole Plug